

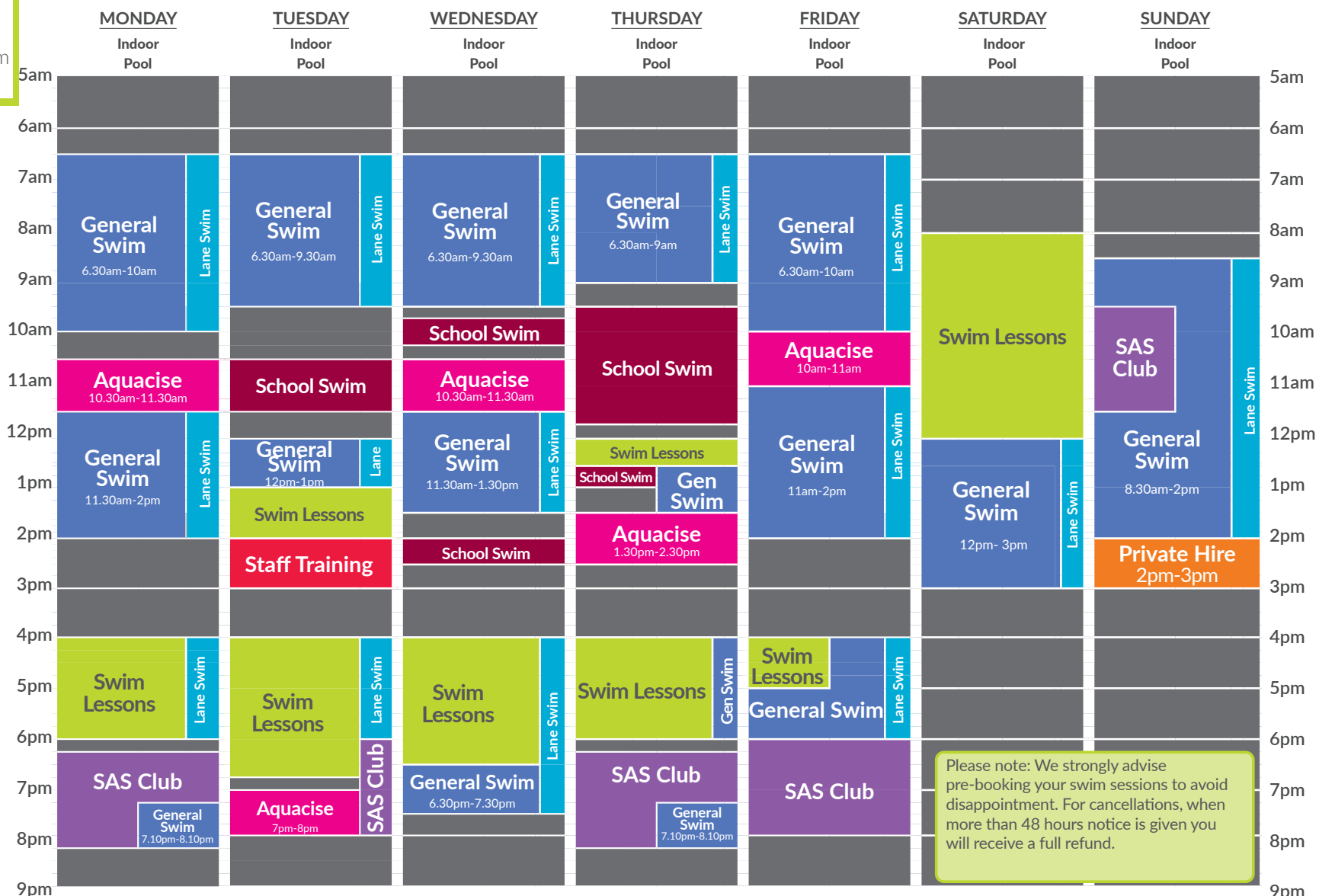
Skegness Pool & Fitness Suite

Indoor Pool Programme

15th April-5th May

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.30	£4.40	£4.00	£2.00	FREE

Venue Opening Times
 Mon & Wed | 6am-9pm
 Tues, Thurs & Fri | 6am-8pm
 Sat & Sun | 8am-3pm



Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. For cancellations, when more than 48 hours notice is given you will receive a full refund.

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Skegness Pool & Fitness Suite

Exercise Class Programme

15th April - 5th May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

Venue Opening Times
 Mon & Wed | 6am-9pm
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AQUACISE	Using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.
ZUMBA	Combine the calorie burning benefits of aerobics with up to date, fun dance moves and you have Zumba. Catering for every user's ability, it's one of our most popular classes.
HIGH INTENSITY CIRCUITS	A combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high/low-intensity exercises.
ZUMBA TONING	This class fuses Latin rhythms & easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone & sculpt muscles.
YOGALATES	A mix of Pilates & Yoga designed to increase mobility, muscle, tone, flexibility & leave you feeling centred & calm.
LEGS, BUMS & TUMS	Legs, Bums & Tums is a unique aerobic fitness class that is full of fun exercises to tone those "wobbly" areas on your stomach, thighs and bum. We use circuits and games to add to the fun and keep things interesting.
THROW-BACK AEROBICS	A cardiovascular aerobics session set to some of your favourite throwback music from the 80's & 90's. This class is fun, a great exercise and is set to some great music!
ZUMBA STEP	A dance-based session incorporating the Latin beats of a Zumba class! Using a small box step, this class will really get you moving to the music!
YOGA	A physical & mental exercise using stretching & breathing to help improve posture & core stability, whilst helping you relax & release stress.
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
FIT BALL	Using similar methods of Pilates to form a cardio/conditioning workout, using an array of equipment to assist.
KETTLEBELLS	Kettlebells is designed to not just help improve your strength, but will also help to improve other factors like the strength of your core, improve balance & flexibility as well as coordination.
STRETCH & MOBILITY	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.
CIRCUITS	Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.
CYCLE	Cycle is a high-intensity exercise on a stationary bike. It combines cardio & endurance in a calorie-crunching session!
LUNCH BLAST	Our lunchtime workout will give you a great mix of exercises to tone your whole body.
CORE & BACK	Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am							
8am							
9am				A Zumba 9am	A Pilates 9am		
10am		W Circuits 9.30am		A Yogalates 10am			
11am	P Aquacise 10.30am	A Zumba Toning 10.30am	P Aquacise 10.30am		P Aquacise 10.15am	G High Intensity Circuits 10am	
12pm	A Circuits 11.30am	A Yoga 11.30am	A Throwback Aerobics 11.30am				
1pm		A Lunch Blast 1pm	A Legs, Bums & Tums 12.30pm				
2pm	A Fitball 2pm	A Pilates 2pm	A Yoga 1.30pm	P Aquacise 1.30pm	A Core & Back 1pm		
3pm	A Zumba Step 3pm						
4pm							
5pm							
6pm	A Cycle 6pm	A Full Body HIIT Circuits 6pm	A Kettlebells 7pm	A Cycle 6pm			
7pm		P Aquacise 7pm	A Stretch & Mobility 7pm	A Pilates 7pm			
8pm		A Pilates 7pm					
9pm							

Key
 P - Swimming Pool
 G - Gym
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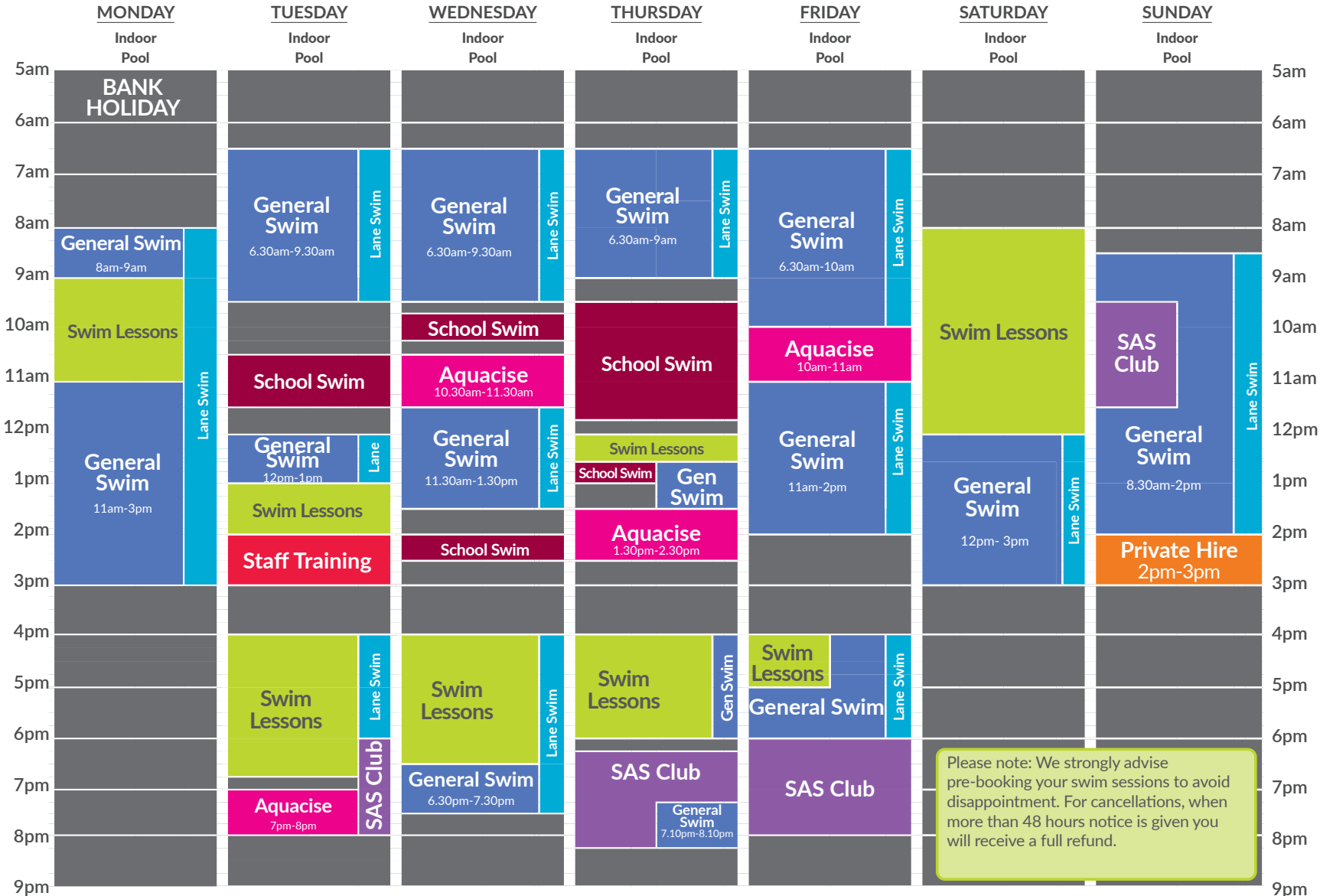
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Indoor Pool Programme

6th - 12th May



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Exercise Class Programme

6th - 12th May

AQUACISE Using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.

ZUMBA Combine the calorie burning benefits of aerobics with up to date, fun dance moves and you have Zumba. Catering for every user's ability, it's one of our most popular classes.

HIGH INTENSITY CIRCUITS A combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high/low-intensity exercises.

ZUMBA TONING This class fuses Latin rhythms & easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone & sculpt muscles.

YOGALATES A mix of Pilates & Yoga designed to increase mobility, muscle, tone, flexibility & leave you feeling centred & calm.

LEGS, BUMS & TUMS Legs, Bums & Tums is a unique aerobic fitness class that is full of fun exercises to tone those "wobbly" areas on your stomach, thighs and bum. We use circuits and games to add to the fun and keep things interesting.

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YOGA A physical & mental exercise using stretching & breathing to help improve posture & core stability, whilst helping you relax & release stress.

PILATES A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.

FIT BALL Using similar methods of Pilates to form a cardio/conditioning workout, using an array of equipment to assist.

KETTLEBELLS Kettlebells is designed to not just help improve your strength, but will also help to improve other factors like the strength of your core, improve balance & flexibility as well as coordination.

STRETCH & MOBILITY This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.

CIRCUITS Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.

CYCLE Cycle is a high-intensity exercise on a stationary bike. It combines cardio & endurance in a calorie-crunching session!

LUNCH BLAST Our lunchtime workout will give you a great mix of exercises to tone your whole body.

CORE & BACK Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility.

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7am	BANK HOLIDAY						
8am							
9am				A Zumba 9am	A Pilates 9am		
10am		W Circuits 9.30am		A Yogalates 10am			
11am		A Zumba Toning 10.30am	P Aquacise 10.30am		P Aquacise 10.15am	G High Intensity Circuits 10am	
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3pm							
4pm							
5pm							
6pm							
7pm		A Full Body HIIT Circuits 6pm	A Kettlebells 7pm	A Cycle 6pm			
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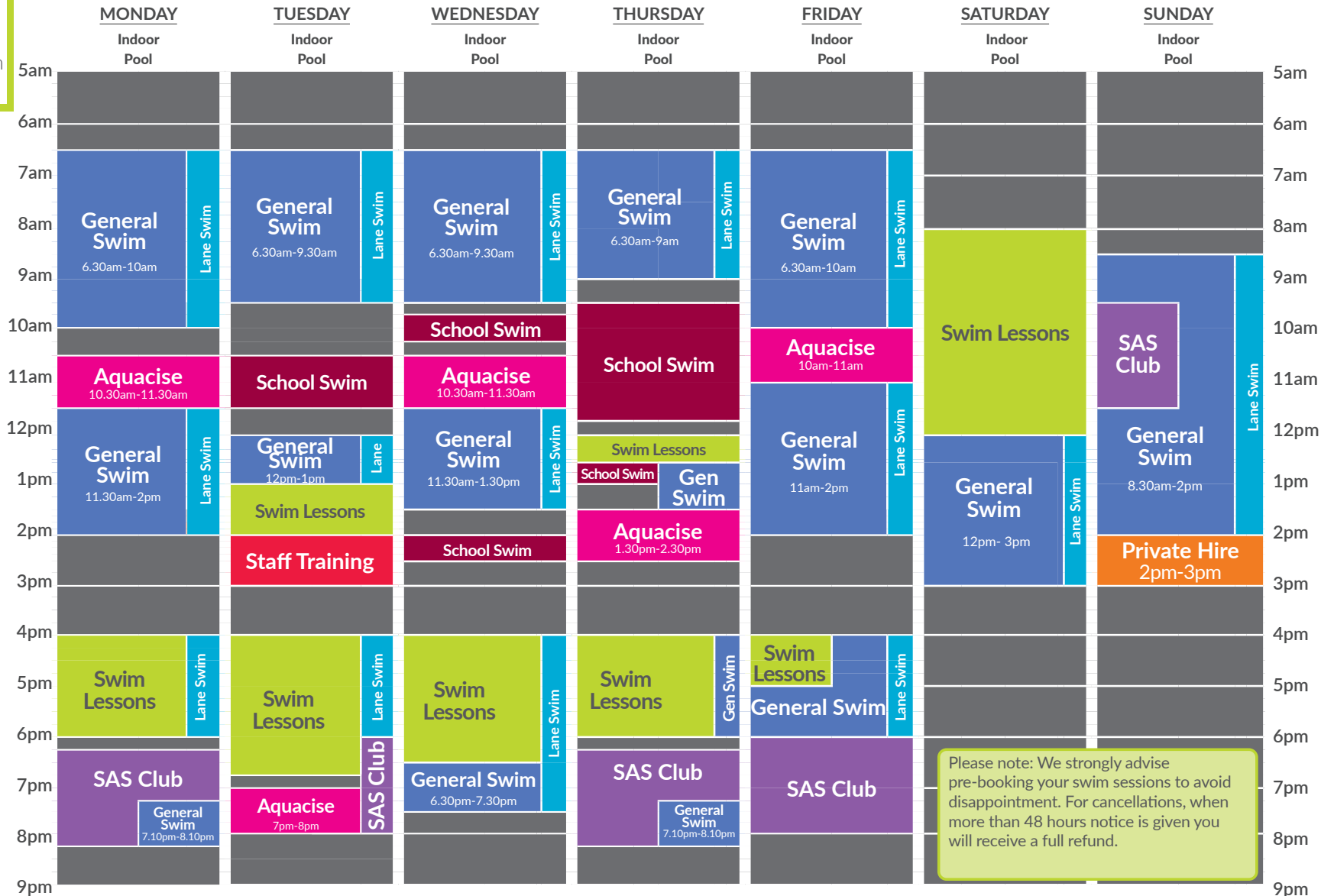
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4pm								4pm
5pm								5pm
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7pm		P Aquacise 7pm	A Stretch & Mobility 7pm	A Pilates 7pm				7pm
8pm		A Pilates 7pm						8pm
9pm								9pm

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